



# SPRING GROVE AREA SCHOOL DISTRICT



## PLANNED COURSE OVERVIEW

<b>Course Title:</b> Introduction to Culinary Art	<b>Length of Course:</b> 15 cycles
<b>Grade Level(s):</b> 9-12	<b>Periods Per Cycle:</b> 6
<b>Units of Credit:</b> .5	<b>Length of Period:</b> 40 minutes
<b>Classification:</b> Elective	<b>Total Instructional Time:</b> 60 hours

### **Course Description**

This course is a semester-long course in which students will be introduced to the basics of food preparation including food safety and sanitation; kitchen equipment and tools; and measuring and equivalents. We will also explore the USDA MyPlate nutritional information and prepare food within each MyPlate category.

### **Instructional Strategies, Learning Practices, Activities, and Experiences**

Bell Ringers  
Critical Thinking  
Student Run Cooking Labs

Class Discussion  
Best Practice Strategies

Posted Objectives and Agenda  
Teacher Demonstrations

### **Assessments**

Cooking Lab Rubrics

Teacher Created Assessments

Informal Assessments

### **Materials/Resources**

Guide to Good Food On-line Textbook  
Guide to Good Food Workbook

[FoodSafety.gov](http://FoodSafety.gov)  
Teacher Created Slideshow Presentations

[www.myplate.gov](http://www.myplate.gov)  
Kitchen Lab Stations

**Adopted:** 5/23/22

**Revised:**

AASG/Board Meetings/2021-2022/March/New and Revised Curriculum Received from Buildings/Introduction to Culinary Art

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>1. Kitchen Safety and Food Safety/Sanitation</p> <p><b>Concepts:</b></p> <p>Four Steps to Food Safety            Clean            Cook            Separate            Chill</p> <p>Cross Contamination</p> <p>Foodborne Illnesses            Norovirus            Salmonella            Clostridium Perfringens            Campylobacter            Listeria            E. Coli            Toxoplasma</p>	<p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Students will be able to demonstrate how to use the four steps to food safety in a kitchen lab.</li> <li>2. Students will be able to analyze how food safety is a public safety concern.</li> <li>3. Students will be able to demonstrate how to practice proper kitchen safety protocols while working in a cooking lab setting.</li> </ol> <p>Standards:</p> <p>11.3.12 B Evaluate the role of Government agencies in safeguarding our food supply (e.g. USDA, FDA, EPA, and CDC).</p> <p>11.3.3.B Describe personal hygiene techniques in food handling (e.g. handwashing, sneeze control, signs of food spoilage).</p>

<p>2. Kitchen Equipment and Measuring Techniques</p> <p><b>Concepts:</b></p> <p>Importance of knowing how to properly use kitchen equipment</p> <p>Measuring Ingredients</p> <ul style="list-style-type: none"><li>Flour</li><li>Sugar</li><li>Brown Sugar</li><li>Powdered Sugar</li><li>Liquid Ingredients</li></ul> <p><b>Cooking Labs:</b></p> <p>No Bake Cookies Recipe Reading/Measuring Lab</p>	<p>Objectives:</p> <ol style="list-style-type: none"><li>4. Students will be able to identify kitchen equipment and demonstrate how those pieces of equipment are used in the kitchens.</li><li>5. Students will be able to analyze the importance of proper measuring techniques.</li><li>6. Students will be able to demonstrate how to measure ingredients in the kitchen.</li></ol> <p>Standards:</p> <p>11.3.9.F Hypothesize the effectiveness of the use of meal management principles (e.g. time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</p>
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CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>3. MyPlate Category: Proteins</p> <p><b>Concepts:</b></p> <p>Nutrients Found in Protein</p> <ul style="list-style-type: none"> <li>Protein</li> <li>B Vitamins</li> <li>Vitamin E</li> <li>Iron</li> <li>Zinc</li> <li>Magnesium</li> </ul> <p>Amino Acids</p> <p>Saturated Fats</p> <p>Blood Cholesterol</p> <p><b>Cooking Labs:</b></p> <ul style="list-style-type: none"> <li>Fish</li> <li>Ground Beef</li> <li>Poultry</li> <li>Alternate Proteins (nuts, seeds, legumes, etc)</li> </ul>	<p>Objectives:</p> <ul style="list-style-type: none"> <li>7. Students will be able to compare and contrast the different types of proteins that you can consume.</li> <li>8. Students will be able to explain why proteins are needed for bodily function.</li> <li>9. Students will be able to demonstrate how to check for internal temperatures of protein.</li> <li>10. Students will be able to demonstrate how to prepare proteins as a part of meal construction.</li> </ul> <p>Standards:</p> <ul style="list-style-type: none"> <li>11.3.12.C Evaluate sources of food and nutrition information.</li> <li>11.3.9.F Hypothesize the effectiveness of meal management principles (e.g. time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</li> <li>11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.</li> </ul>

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>4. MyPlate Category: Grains</p> <p><b>Concepts</b></p> <p>Types of Grains                      Whole Grains                      Refined Grains</p> <p><b>Cooking Labs</b></p> <p>Whole Grain Lab                      Rice                      Pasta</p>	<p>Objectives:</p> <ol style="list-style-type: none"> <li>11. Students will be able to compare and contrast Whole Grain and Refined Grains.</li> <li>12. Students will be able to analyze ways to incorporate whole grains into their diet.</li> <li>13. Students will be able to explain why carbohydrates are needed for bodily function.</li> <li>14. Students will be able to demonstrate how to prepare grains as a part of meal construction.</li> </ol> <p>Standards:</p> <p>11.3.12.C Evaluate sources of food and nutrition information.                      11.3.9.F Hypothesize the effectiveness of meal management principles (e.g. time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).                      11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.</p>

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<p>5. MyPlate Category: Vegetables</p> <p><b>Concepts</b></p> <p>Nutritional Value of Vegetables Subgroups            Dark Green Vegetables            Red and Orange Vegetables            Beans and Peas            Starchy Vegetables</p> <p>Selection and Storage of Vegetables            Canned            Fresh            Frozen            Dried</p> <p><b>Cooking Labs</b></p> <p>Vegetable Soups            Stir Fry</p>	<p>Objectives:</p> <p>15. Students will be able to analyze the nutrients found in vegetables and explain why those nutrients are needed for bodily function.            16. Students will be able to explain how to properly select and store canned, fresh, frozen, and dried vegetables.            17. Students will be able to demonstrate two of the five methods of cooking vegetables.</p> <p>Standards:</p> <p>11.3.12.C Evaluate sources of food and nutrition information.            11.3.9.F Hypothesize the effectiveness of meal management principles (e.g. time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).            11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.</p>

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<p>6. MyPlate Category: Fruits</p> <p><b>Concepts</b></p> <p>Nutritional Value of Fruits                      Phytonutrients- beta-carotenes                      Lycopene</p> <p>Selecting and Storage of Fruits                      Fresh                      Frozen                      Dried</p> <p><b>Cooking Labs</b></p> <p>Fruit Labs                      Fruit Pizza                      Fruit Pie</p>	<p>Objectives:</p> <p>18. Students will be able to analyze the nutrients found in fruits and explain why those nutrients are needed for bodily function.</p> <p>19. Students will be able to explain how to properly select and store fresh, frozen, and dried fruit.</p> <p>20. Students will be able to demonstrate the two of the five methods of cooking fruit.</p> <p>Standards:</p> <p>11.3.12.C Evaluate sources of food and nutrition information.</p> <p>11.3.9.F Hypothesize the effectiveness of meal management principles (e.g. time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</p> <p>11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.</p>

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<p>7. MyPlate Category: Dairy</p> <p><b>Concepts</b></p> <p>Nutritional Value of Dairy</p> <ul style="list-style-type: none"> <li>Protein</li> <li>Potassium</li> <li>Riboflavin</li> <li>Vitamins A and D</li> </ul> <p><b>Cooking Labs</b></p> <ul style="list-style-type: none"> <li>Smoothies</li> <li>Cheese Lab</li> <li>Cream based Soup</li> </ul>	<p>Objectives:</p> <ul style="list-style-type: none"> <li>21. Students will be able to explain factors affecting the selection of dairy products.</li> <li>22. Students will be able to analyze the nutrients found in dairy products and explain why those nutrients are needed for bodily function.</li> <li>23. Students will be able to analyze guidelines for preventing adverse reactions when cooking dairy products.</li> <li>24. Students will be able to demonstrate how to prepare a variety of dishes using milk, cream, cheese, and other dairy products and alternatives.</li> </ul> <p>Standards:</p> <ul style="list-style-type: none"> <li>11.3.12.C Evaluate sources of food and nutrition information.</li> <li>11.3.9.F Hypothesize the effectiveness of meal management principles (e.g. time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</li> <li>11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.</li> </ul>